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Bangalore Mirror

TEMP Max 32 | Min 20 | Humidity 80% Partly cloudy sky Sensex 82,248 | Nifty 25,496 | Gold 1,61,020 | Silver 2,85,000 | Dollar 90.91 | Euro 106.95 | GBP 123.25

e-toilets across city are lying defunct and areas around these installations have ended up becoming yellow spots, while officials of civic agencies say infra was set up years before any of these authorities existed

DO THE DIRTY WORK

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TWEETS @BangaloreMIRROR

Pretty much like every other new initiative, e-toilets too were launched in the city with much fanfare by the then Bruhat Bengaluru Mahanagara Palike (BBMP) as a part of Swachh Bharat Abhiyan in 2014. The idea was to to find an advanced solution to the perennial problem in the city. However, now even these e-toilets have also ended up becoming a part of the eyesore that they were supposed to remedy.

On Millers Tank Bund Road, the sight of four adjacent e-toilets that have been defunct for a while, illustrate the issue emphatically.

These defunct e-toilets are situated just 100 metres away from Bengaluru Solid Waste Management Limited (BWSML) Office. It is the BWSML's responsibility to maintain the existing e-toilets and provide such facilities at localities where those are needed. Most of the BWSML's officials commute on Millers Tank Bund Road but no one is bothered either to repair the defunct e-toilets or remove to keep the footpath clean and neat.

Each of the toilets has a beautiful slogan - Finally, a toilet you can always count on to be clean - but what it

CONTINUED ON PAGE 6 »

SPORTS / PAGE 7

WHAT A BLAST

India rake up massive 256 to cruise along with ease; South Africa score emphatic win against West Indies

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THINGS TO DO

01 Tales woven together

Atta Galatta is bringing 'Weaving A Story', a curated exploration of classical dance and textile through stories by Aparna Jaishankar, organised in partnership with Janani Murali, Bharatanatyam practitioner and Shruthi Kezhakepuram Purushotham, Mohiniyattam exponent. **Where: Atta Galatta, Indiranagar; When: February 28, 6.30 pm**

02 Artistic exploration

Internationally recognised visual artist Dr Akhter Husain presents Vedic Inspirations, a solo exhibition exploring India's spiritual and civilisational heritage through a contemporary visual language. **Where: Chitrakala Parishath, Seshadripuram; When: February 28 to March 8, 10.30 am to 6 pm**

03 Craft delight

An exhibition jointly organised by Grand Flea Market and Indian Artisans Bazaar showcases Indian traditional and modern handicrafts, home décor items, and traditional attire from various states — all under one roof. **Where: Chitrakala Parishath, Seshadripuram; When: Until March 1**

04 Journey through the lens

Lenscape Kerala, a photography exhibition presented by Kerala Tourism, features a curated collection of 100 images captured across Kerala by ten acclaimed photographers from different parts of India. **Where: National Gallery of Modern Art; When: February 27 to March 1, 11 am to 7 pm**

05 Comic relief

The Indian Heritage Academy (IHA), in collaboration with Azim Premji University, presents Kailasamsaara, a vibrant Kannada comedy celebrating the life and legacy of TP Kailasam, revisiting his wit, literary brilliance, and unconventional spirit. **Where: Indian Heritage Academy, Koramangala; When: Feb 28, 6.30 pm**

Misconduct termination demands fair hearing, says HC

While allowing terminated employee's petition, court says merely framing fraud allegations as termination does not absolve employer of obligation to follow principles of natural justice

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The Karnataka High Court has ruled that an employer cannot sidestep due process by labelling an order as a simple "termination" when, in effect, it is based on allegations of misconduct. The court held that any order which carries a stigma or amounts to punishment must be preceded by a proper departmental enquiry and an effective opportunity for the employee to defend himself.

The decision came in a writ petition heard by Justice KS Hemalekha, challenging a December 13, 2024, order issued by the North Western Karnataka State Road Transport Corporation. The Corporation had terminated the services of a security guard who had been appointed on compassionate grounds following the death of his father during service.

The controversy began when the Corporation alleged that the employee had relied on false educational qualifications to secure appointment. A show-cause notice was issued claiming that he had not appeared for the relevant semester examination and had obtained employment through misrepresentation. Acting on what it described as a verification report, the Corporation terminated his services.

Before the High Court, the petitioner argued that the order was not a routine discharge but a punitive action that branded him dishonest. He contended that no departmental enquiry had been conducted and that he had not been given access to the verification report or a fair chance to rebut the allegations.

Court directs petitioner's reinstatement to service, while noting that no enquiry had been conducted and no effective opportunity was provided for employee to defend himself

The court examined the nature of the termination and found that it was clearly founded on accusations of fraud and fabrication of documents. Such allegations, the court noted, cast a serious stigma on an employee's character and career. In these circumstances, merely framing the action as a termination would not absolve the employer of its obligation to follow the principles of natural justice. The court further noted that the termination rested on an alleged verification exercise, yet no enquiry had been conducted and no meaningful hearing had been provided to the petitioner.

Holding that the Corporation's action violated settled principles of service law, the court set aside the termination order dated December 13, 2024. The writ petition was allowed, and directions were issued for the petitioner's reinstatement to service.

Case against HD Revanna to move ahead

The Karnataka High Court on Thursday directed a trial court to proceed with framing of charges in a case concerning the alleged kidnapping of a woman, in which HD Revanna is arraigned as an accused.

Justice S Sunil Dutt Yadav passed the direction after noting that there was no subsisting interim order restraining the trial court from moving ahead. The High Court had earlier vacated its interim stay on the framing of charges against Revanna, observing that repeated adjournments were being sought on his behalf and there was a lack of readiness to proceed with the matter.

During the hearing on Thursday, counsel appearing for Revanna once again sought an adjournment. Senior advocate Prof Ravivarma Kumar, representing the State, opposed the request and submitted that the petitioner was citing the pendency of proceedings before the High Court to seek time before the trial court.

Responding to the submissions, the court orally observed, "We will ask the trial court to go ahead with the charge on March 2." Accordingly, the court directed the trial court to continue in accordance with law and listed the matter for rehearing after two weeks.

Teen's organ donation brings hope to multiple lives

A 19-year-old boy, Darshan from Mandya, has donated his organs to several patients after being declared brain dead. His liver was transplanted into a 26-year-old man at the Institute of Gastroenterology and Organ Transplant (IGOT). One kidney was given to a 38-year-old man at the Institute of Nephro-Urology (INU), while the second kidney was transplanted into another 26-year-old recipient. His heart valves have also been allocated to another medical facility. The organ retrieval was conducted at the Trauma and Emergency Care Centre (TECC), part of Victoria Hospital in Bengaluru, where he received treatment. The humanitarian decision by his family has encouraged more people to donate their organs.

Darshan was the sole breadwinner of his family. After falling off his motorcycle near Chikka Mandya on February 22, 2026, he went home to rest instead of going to the hospital. On noticing unusual behaviour and unexplained symptoms, his family immediately admitted him to a hospital in Mandya. He was later shifted to TECC, where doctors found the condition to be more serious and diagnosed him with internal brain damage.

Despite efforts by doctors, Darshan's condition did not improve. The Karnataka State Organ and Tissue Transplant Organisation (SOTTO) Jeeva Sarthake later counselled his family to donate his organs. They were subsequently extracted and transplanted into eligible recipients. After the transplant procedures this body was returned to his family on Wednesday at 5 am. — BMB

NIMHANS to celebrate National Science Day with interactive exhibition

NIMHANS will host a two-day exhibition on March 3 and 4 at its Convention Centre, in celebration of National Science Day. This year's theme, "Women in Science: Catalysing Viksit Bharat," highlights the role of women as innovators and leaders in science and technology, contributing to India's vision for 2047. The exhibition will offer an engaging educational experience with interactive exhibits, demonstrations, multimedia presentations, quizzes, and mind games. Visitors can explore cutting-edge research in mental health and neurosciences, interact with clinicians, scientists, researchers, paramedical staff, and students, and even get hands-on experience with a real human brain. The event aims to make science accessible, showcasing how it permeates everyday life beyond laboratories, while inspiring curiosity and imagination. Open to the public from 10 am to 5.30 pm, entry is free, making it a perfect opportunity for families, students, and science enthusiasts to celebrate the wonders of science. — BMB

UGC flags 'fake' university for degree violations

In a recent development, the University Grants Commission has identified Global Human Peace University to be reportedly awarding degrees under violation of the UGC Act, 1956. Located in Rajajinagar, the university has been included in the UGC list of fake universities. As per the UGC Secretary, the Global Human Peace University is neither recognised under the UGC under Section 2(f)/Section 3 of the UGC Act, 1956, nor is it approved by All India Council for Technical Education (AICTE) along with any other statutory body.

He stated that the fake university is not entitled to award any degree or diplomas, while highlighting that a degree from the university will not be valid for higher education or government employment purposes. In light of the matter, the Secretary has cautioned students, parents, and the public to beware of fake universities. He urged them not to seek admission in such self-styled institutions, warning that doing so could jeopardise students' careers. — BMB

CRIME FILES

11 arrested for kidnapping, robbing film director

A man was allegedly kidnapped, brutally assaulted and robbed by a group of 11 persons over a financial dispute, leading to their arrest by the Adugodi police.

According to the complaint filed on February 11, 2026, at the Adugodi Police Station, the victim had directed a new movie that is yet to be released. He stated that a person who had invested in the film, along with another associate working with him, developed differences over financial matters. Around two months ago, the director shifted from Bengaluru to Mumbai. Police said the accused learnt through a friend in Indiranagar that the director was planning to sell his car in Bengaluru. Offering to help with the sale, they allegedly called him from Mumbai to Bengaluru on February 9. Within Adugodi limits, the accused and their associates kidnapped him in a car and took him to a house under the jurisdiction of Byadarahalli Police Station, where he was wrongfully confined. Five to six persons allegedly assaulted him with cricket stumps and hockey sticks, robbing him of gold ornaments and cash. Police arrested all 11 accused, including a woman, and seized six mobile phones, gold ornaments, cash and a car. Further investigation is underway. **–BMB**

Woman found dead in farm fields near Varthur

A 30-year-old woman was found dead under suspicious circumstances within the limits of Varthur Police Station on Wednesday morning. The body of Sonali Khatun was discovered near farm fields in the Siddapura area, close to her residence. Preliminary investigation suggests that she was strangulated.

Khatun, a native of Murshidabad in West Bengal, had moved to Bengaluru a year ago with her family in search of employment. She was working in housekeeping at WALSONS Facility Solutions in Brookfield, while her husband, Babu Shek (33), was employed as a construction labourer. According to the police, on February 25 at around 7.30 pm, Sonali returned home and informed her husband that she had left her mobile phone at her workplace. She then left the house again, taking her husband's mobile phone. However, she did not return. When family members tried to contact her, the phone rang once before being switched off.

Her body was found during a search operation near her house. A murder case has been registered at Varthur Police Station against unknown persons, and further investigation is underway. **–BMB**

Nearly 20 detained amidst unrest at APU campus

An FIR has been registered at Sarjapur Police Station after tensions prevailed at Azim Premji University campus on Monday morning after 15 to 20 activists allegedly stormed the premises, assaulted security personnel and a student, and damaged property following a controversial social media post calling for a "Free Kashmir" meeting. According to a complaint filed with the police, a message circulated on an Instagram handle titled "Spark Reading Circle, APU" invited people to gather at 6 pm at a venue inside the campus to discuss alleged atrocities in Kunan-Poshpora in 1991. College authorities said no permission had been sought or granted for such a programme. Around 6 am, a group of activists reportedly entered the campus forcibly, assaulted security staff, and vandalised signboards. Police rushed to the spot and took the protesters into custody. The institution clarified that the social media page has no official connection with the university and alleged misuse of its name. Further investigation is underway. **–BMB**

Foreign nationals residing illegally under scanner

Under the direction of the Commissioner of Police, the Bengaluru City Police have initiated a special citywide drive to trace foreign nationals staying illegally within the city limits. As part of the operation, more than 2,000 individuals were questioned in a single day. All Deputy Commissioners of Police, along with personnel at the station level, are actively participating in the verification process.

As part of the operation, officials are scrutinising visa status, Foreigners Regional Registration Office (FRRO) records and other relevant documents of foreign nationals. Police said inspections are being carried out systematically through live monitoring and field verification to ensure that no inconvenience is caused to the general public.

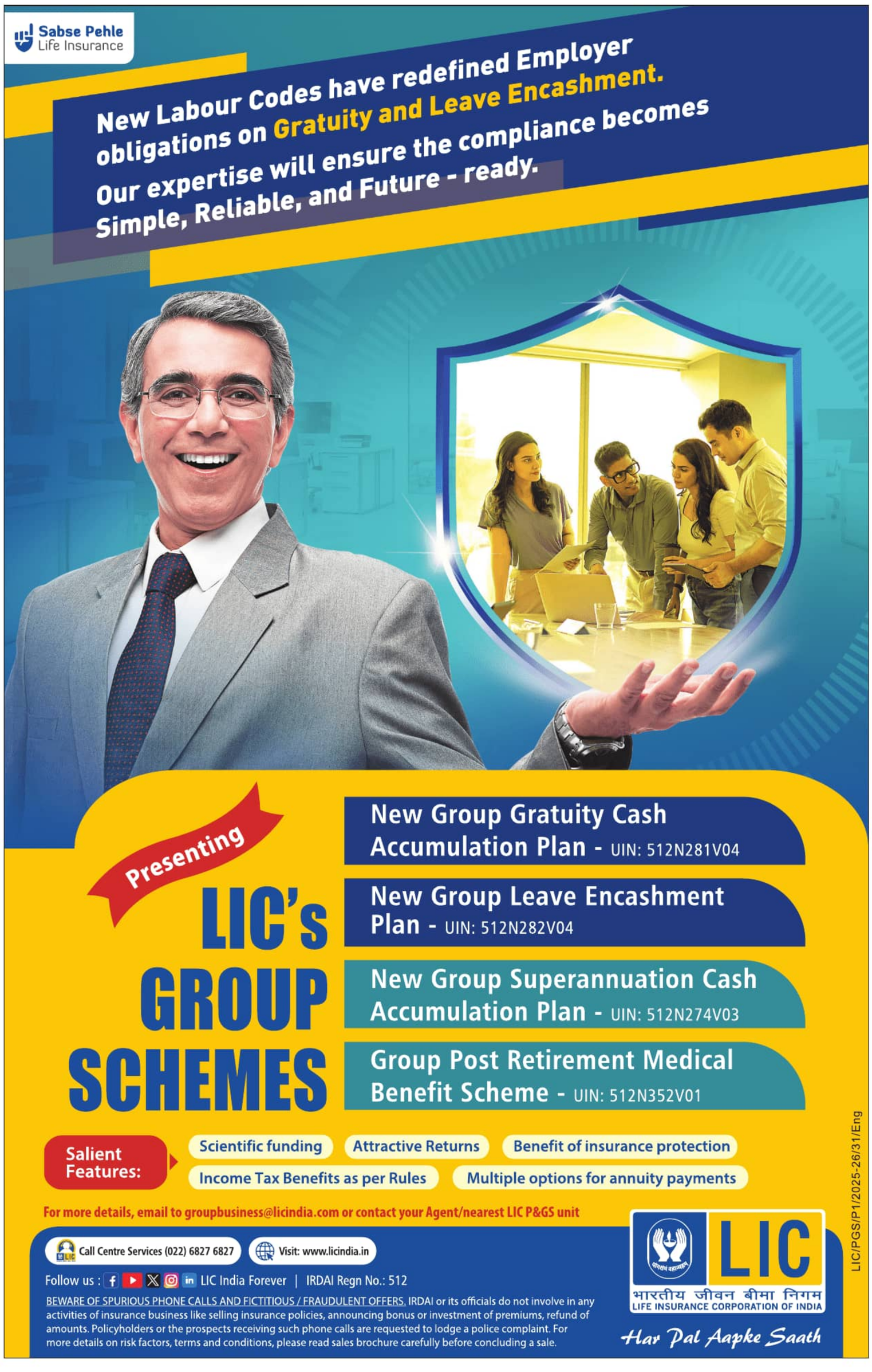
According to police sources, more than 2,000 foreign nationals were examined on Wednesday alone. A significant number were found either without valid documentation or overstaying their visas. The operation will continue in the coming days. **–BMB**

Goon hacked to death in front of mother; assailants on the run

A 25-year-old rowdy sheeter was hacked to death by a group of armed attackers in front of his mother at Amarjyothi Layout in Thanisandra on Wednesday evening.

The victim has been identified as Pavan Kumar (25), a history-sheeter registered at DJ Halli Police Station. According to police, six unidentified men arrived on three motorcycles, wearing helmets to conceal their identities. Kumar was standing outside his house when the assailants allegedly attacked him with lethal weapons. He was repeatedly assaulted and killed on the spot before the attackers sped away. His mother, who saw the brutal assault unfold, reportedly cried out for help and tried to intervene, but the attackers overpowered her son and escaped from the spot. Upon being alerted, Sampigehalli police reached the scene, carried out an initial examination, and shifted the body for a post-mortem examination. A case has been registered in connection with the incident.

Preliminary inquiry suggests that the murder could have stemmed from previous enmity. Special police teams have been constituted to track down and apprehend the accused, who are currently absconding. Kumar had previously been arraigned as the fifth accused in a murder case and had undergone imprisonment. After his release in May last year, his family opened a bakery near their home in an effort to help him turn over a new leaf and rebuild his life. Further investigation is ongoing. **–BMB**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Courts to function under old act

The Karnataka High Court has held that Labour Courts, Industrial Tribunals and other adjudicatory bodies constituted under the Industrial Disputes Act, 1947, will continue to exercise jurisdiction until corresponding forums are set up under the Industrial Relations Code, 2020.

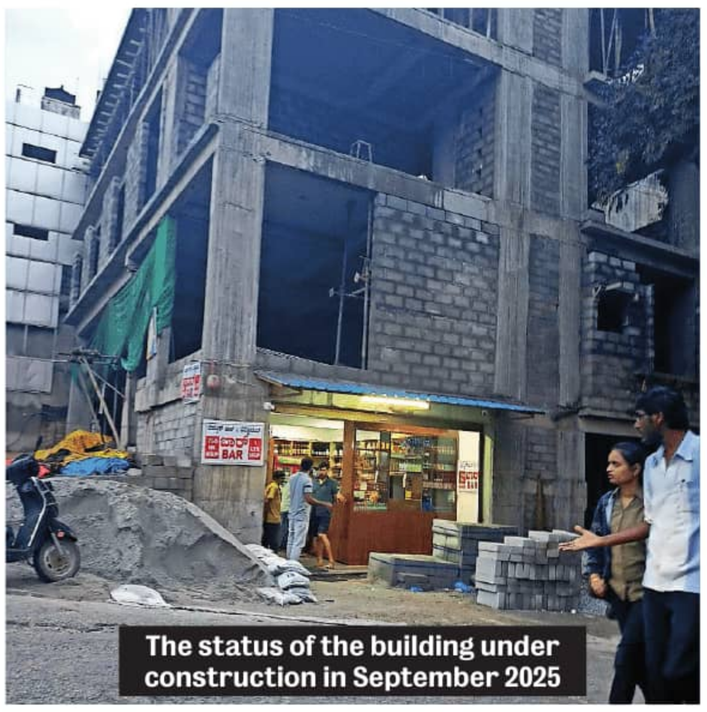
Justice Anant Ramanath Hegde delivered the ruling while dismissing a writ petition filed by Glastronix LLP. The company had challenged a State Government order dated December 19, 2025, referring an industrial dispute with an employees' union to the Industrial Tribunal, Bengaluru, under the 1947 Act. It also questioned a Central Government notification dated December 8, 2025, issued under Section 103 of the 2020 Code.

Glastronix argued that since the Industrial Relations Code came into force on November 21, 2025, the Government lacked jurisdiction to make references under the repealed 1947 Act thereafter.

Examining the relevant provisions of the 2020 Code, the Court noted that although Section 51 provides for transfer of pending matters to new Tribunals, the contemplated Tribunals and National Industrial Tribunals have not yet been established. It further held that Section 103, which empowers the Government to remove difficulties, cannot override substantive provisions.

Referring to the February 16, 2026 amendment to Section 104, the Court observed that authorities under the repealed laws would continue until new bodies become functional, ensuring no legal vacuum. It also relied on Section 6 of the General Clauses Act, 1897, to uphold the validity of actions taken under the 1947 Act, and dismissed the petition. — BMB

Illegal floors, official snores



The status of the building under construction in September 2025

The status of the building under construction in February 2026

Six months on, demolition order ignored as illegal Gandhinagar structure continues operating

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Last month, Greater Bengaluru Authority (GBA) Chief Commissioner M Maheshwar Rao directed officials and engineers of the Bengaluru West City Corporation (BWCC) to take stringent action against unauthorised buildings. He also instructed them to demolish structures erected in violation of building bye-laws within the BWCC jurisdiction. However, no steps have been taken to implement the GBA Chief Commissioner's order even after a month.

For instance, the BWCC Commissioner passed an order on August 26, 2025 to demolish illegally constructed portions of a building under construction on 2nd Cross, Poornaiah Chatram Road, Gandhinagar. The order was based on a report submitted by the Assistant Executive Engineer of Gandhinagar. Surprisingly, the officials concerned have failed to implement the demolition order even after six months. Ironically, the BWCC Commissioner has also not verified whether his subordinates have complied with the directive in accordance with the rules.

It is alleged that the proprietor has facilitated the opening of a bar and restaurant on the ground floor, which is designated for parking. Excise Department officials reportedly failed to inspect the premises before granting permission for the bar.

According to the Assistant Executive Engineer's report, the structure was constructed in violation of building bye-laws by margins ranging from 65 per cent to 100 per cent. "The Assistant Executive Engineer issued a notice to the owner in August 2025 but has taken no further action to demolish the structure. The demolition order is gathering dust at the BWCC office. The engineers have failed to implement both the BWCC Commissioner's order and the GBA Chief Commissioner's directive on illegal constructions," said KS Suresh of Suddigara. Bangalore Mirror published a report titled Excise officials 'lower the bar' at under-construction building on October 9, 2025, detailing how authorities allegedly overlooked bye-law breaches and safety norms to allow a bar to operate from a building near Upparpet Police Station without proper verification.

Meanwhile, BWCC Assistant Executive Engineer Shantala stated that she had forwarded the file to higher authorities for further action.

However, Additional Director of Town Planning Vinayak Naik said he would look into the matter. "I will issue two more notices to the owner as per the norms," he said.

An official from the Excise Department clarified that it is the responsibility of BWCC engineers to address violations of building bye-laws. "We have nothing to do with violations of building bye-laws," he said.

Pollution line drawn at 100

Forest, Ecology and Environment Minister Eshwar Khandre has directed officials to issue notices to the Greater Bengaluru Authority (GBA) if the Air Quality Index (AQI) in any part of Bengaluru crosses the 100 mark.

Chairing a review meeting on rising pollution levels in the city, the minister stated that continuous monitoring is being conducted through 11 fixed air quality monitoring stations and 13 mobile units. If the AQI exceeds 100, indicating deteriorating air quality, immediate notices must be served on the concerned local authority, directing it to initiate corrective measures within a stipulated timeframe, he said.

Khandre warned that failure to act promptly would invite legal action under the provisions of the Air (Prevention and Control of Pollution) Act. He emphasised that maintaining AQI levels within permissible limits is essential to prevent Bengaluru from witnessing pollution levels similar to those recorded in Delhi.

The minister stressed that strict enforcement, accountability of civic bodies and time-bound corrective steps are crucial to safeguarding public health, particularly as respiratory ailments linked to poor air quality are on the rise. — BMB

City sets pre-monsoon action plan

To strengthen To strengthen urban infrastructure and address monsoon waterlogging, Bengaluru East City Corporation Commissioner DS Ramesh has announced the formation of a Road Restoration Committee and a Flood Management Committee. The committees will ensure coordinated pre-monsoon preparedness, maintenance of clean stormwater drains and rajakaluves, and the establishment of an effective emergency response system. They will also identify and resolve waterlogging-prone areas in a structured manner to enhance inter-departmental coordination.

The Flood Management Committee, formed under the Commissioner's leadership, will include officials from KRIDL, the Engineering Department, the Police, Minor Irrigation, South Western Railways, the Public Works Department, BESCOM (Bengaluru Electricity Supply Company Limited), and the District Disaster Management Authority. The committee will focus on mapping flood-prone areas, deploying pumps, implementing mitigation measures, removing encroachments from drains, and coordinating with disaster response teams for prompt redressal of grievances. The Road Restoration Committee, headed by the Additional Commissioner, will include representatives from BESCOM, the Engineering Department, KPTCL, BWSSB, GAIL, Traffic Police and optical fibre cable operators. It will enforce mandatory quality restoration after road cutting, with engineers clearing technical aspects and penal action initiated against substandard work. Proper levelling will be ensured to prevent water stagnation, and agencies will be held accountable for post-restoration subsidence.

These measures aim to ensure public safety, prevent disruptions during the monsoon, and improve road durability across the zone. — BMB

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Illegal activities

BTM Layout

A van has been parked for over a month between 8th and 9th Cross on Lake Road in BTM 2nd Stage, allegedly facilitating drinking, smoking, and other illegal activities behind it.

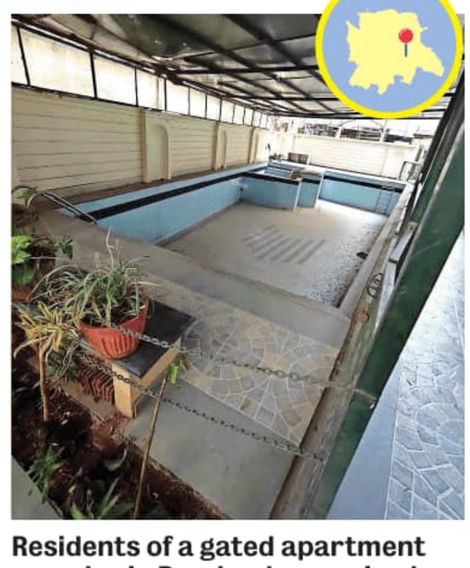
Footpath encroachment

Basavanagudi

Footpaths opposite Surana College in Basavanagudi have been encroached upon, with residents alleging intimidation by offenders and seeking immediate police action.

Maintenance lapses

Domlur



Residents of a gated apartment complex in Domlur, have raised concerns over the poorly maintained swimming pool and common areas, citing health and safety risks despite paying regular maintenance charges.

Leaf them alone!

Citizens mobilise online and offline against plan to axe 628 trees to make way for Reshme Bhavan in Okalipuram

Environmental groups demand preservation of trees they say are vital to urban biodiversity

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TWEETS @BangaloreMIRROR

Campaigners warn large-scale removal of trees would severely damage urban ecology, urging relocation to protect biodiversity, groundwater systems and remaining green cover

Citizens' protests against the proposal to remove 628 trees for the construction of Reshme Bhavan in Okalipuram have intensified.

An online petition launched against the project has drawn strong public support, garnering nearly a thousand signatures within a few days. The Greater Bengaluru Authority (GBA) has received more than a hundred objections so far in response to a public notice issued on February 18.

City-based tree activists claim that the trees proposed to be felled are heritage specimens, more than 50 years old. The removal of this green cover would represent a profound loss to Bengaluru's biodiversity, air quality and groundwater recharge capacity.

"These ancient trees are irreplaceable assets in an urban ecosystem already strained by declining air quality and falling water tables. Relocating the sericulture institute to areas closer to Bengaluru's thriving sericulture hubs would better serve farmers, preserve the city's fragile environment, and help combat climate change rather than inflicting further damage on residents," said Vinod Jacob, Founder of Environment Impact Group.

The GBA issued the public notice on February 18, allowing 10 days for objections or feedback regarding the proposal. According to the notice, 628 trees located within the premises of the Department of Sericulture are slated to be felled for the project.

Activists argue that the decision threatens not only biodiversity but also the broader urban environment, with long-term repercussions for public health and community well-being. While urban development is necessary, they say, it should not come at the expense of ecological wealth.

"We urgently call upon the authorities to halt the proposed felling and explore environmentally sustainable alternatives. By making choices that respect nature, we can safeguard both urban and rural communities." They further contend that the high-cost project should be relocated, as it would impact one of the city's remaining green 'lung' spaces, at a time when Bengaluru is being concretised at an unprecedented pace.

Instead of cutting down these trees, activists suggest alternative solutions, such as utilising existing government premises in Ramanagaram, closer to silk farmers. This option would prevent ecological damage while also supporting the local economy.

"Karnataka is renowned as the 'Silk City' of India and is home to one of Asia's largest cocoon markets in Ramanagaram. It would be prudent to shift the project there instead of building it in Bengaluru at the cost of 628 heritage trees," said Parvathi Srirama, State General Secretary of Parisarakkagi Navu.

Water you doing, BDA?

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BDA reports partial progress on lake revival, but encroachments still shadow restoration drive

Nearly five acres across four lakes managed by the Bangalore Development Authority (BDA) are currently under encroachment.

The BDA manages Varthur Lake, Bellandur Lake, Chikkabanavara Lake and Kommaghatta Lake in the city.

According to details provided by the BDA, while Varthur and Kommaghatta lakes are free from any form of encroachment, a considerable area of Bellandur and Chikkabanavara lakes remains encroached upon.

Varthur Lake, located in Bengaluru East, spreads over 439 acres and 34 guntas and remains entirely lake property, with no encroachments reported. The lake is fenced along its entire perimeter. Rejuvenation of the water body, including desilting and wetland formation at the main inlet, has been completed. The BDA has also written to the state government seeking directions to transfer the lake to the Greater Bengaluru Authority (formerly Bruhat Bengaluru Mahanagara Palike) for further maintenance.

However, Bellandur Lake in Bengaluru East spans 916 acres and 17 guntas, of which 4 acres and 20 guntas are encroached upon by Ambedkar Nagar slum dwellers. The matter is pending before the High Court of Karnataka.

"Action will be taken as per the orders of the Hon'ble High Court of Karnataka. Except for the encroached area, the lake is fenced along its entire perimeter," the BDA clarified.

The agency further stated that rejuvenation work at Bellandur Lake is under way. So far, 70 per cent of desilting and 30 per cent of wetland formation at the main and HAL inlets have been completed, with the remaining work in progress.

Chikkabanavara Lake in Bengaluru North is also managed by the BDA. The lake has a total area of 105 acres and 15 guntas, of which 1 acre and 18 guntas have been found encroached upon.

"A letter has been sent to the Tahsildar of North Taluk to survey the lake and demarcate its boundary for the removal of encroachments. Rejuvenation of Chikkabanavara Lake has been completed. Except for the encroached area, the lake is fenced along its entire perimeter," the BDA said.

Kommaghatta Lake, also in Bengaluru North, covers 37 acres and 5 guntas. No encroachments have been reported, and the lake is completely fenced along its perimeter.

Veg on the edge

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Over 700 tonnes supplied daily despite contamination alarm

Nearly 90 per cent of the vegetables supplied to Bengaluru come from Bengaluru Rural, Kolar and Chikkaballapur districts, where the Central Pollution Control Board recently detected traces of lead and pesticide residues in samples. The remaining 10 per cent arrives from districts such as Hassan, Ramanagara, Mysuru, Tumakuru and Mandya; however, vegetables from these regions are yet to be fully tested for harmful elements.

Sources said the findings have raised concerns in the city, as the majority of daily vegetable consumption depends on the three districts flagged for contamination. Citizens have demanded that precautionary quality checks be extended to vegetables arriving from all supplying districts to ensure food safety.

A trader said that on a typical trading day, more than 353 tonnes of vegetables are sold at KR Market alone, including 387 quintals of green chillies, 325 quintals of carrots, 267 quintals of green peas, 250 quintals of lemons and 189 quintals of okra.

Dasanapura Market receives around 137 tonnes, including 260 quintals of tomatoes and sizeable quantities of beans, cabbage and chillies, while Yeshwanthpur APMC reports heavy arrivals of onions and potatoes. Overall, more than 700 tonnes of vegetables are supplied to Bengaluru daily from surrounding districts, with volumes rising during festivals and special occasions.

HOPCOMS outlets across the city sell over 28 tonnes each day, sourcing directly from farmers in Bengaluru Rural, Kolar, Chikkaballapur, Ramanagara and other nearby districts. In addition to wholesale markets and co-operative outlets, vegetables are also sold in large quantities through shopping malls and by farmers who directly market their produce to consumers across the city, traders added.

BangaloreMirror
EAT YOUR GREENS. AT YOUR OWN RISK
18 pesticide residues detected in 10 samples of the 72 collected

BM had reported on Feb 21 about findings of panel

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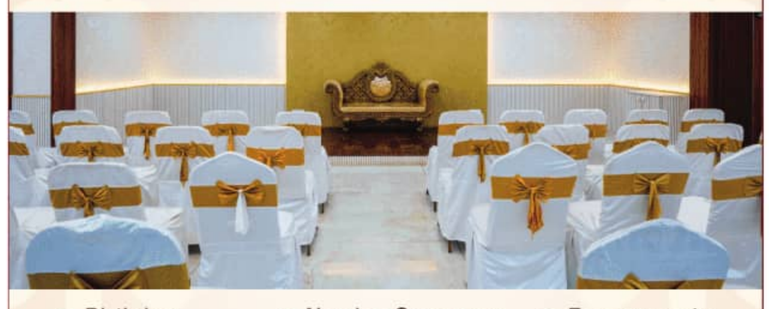

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BWSSB targets 10 million litres daily school savings

#MissionSchools10MLD rolls out aerators across Bengaluru institutions to cut tap flow rates and conserve water before summer scarcity intensifies

Iffath Fathima
iffath.fathima@timesofindia.com
TWEETS @BangaloreMIRROR

Bengaluru Water Supply and Sewerage Board (BWSSB) has announced an ambitious initiative, #MissionSchools10MLD, aimed at conserving 10 million litres of water per day across the city's educational institutions. The program, scheduled for March 2026, focuses on installing tap aerators in hand wash taps in schools and colleges, as part of a broader effort to mitigate water scarcity ahead of the peak summer season. Water security, according to the BWSSB, is a shared responsibility. "With lakhs of students across Bengaluru using hand wash taps daily, small measures like tap aerators can make a huge difference," said Madhavan Rao, Policy Advisor (Pro Bono) for BWSSB's MissionSchools10MLD project.

The target of saving 10 million litres per day has been calculated using pilot implementations and flow rate studies conducted in schools. Rao said the estimates were based on before-and-after flow measurements after fitting aerators, the number of students across Bengaluru, and the average duration of handwashing. "There is an opportunity to save two to three times the initial target of 10 million litres per day," he said, adding that variations in flow rates across city zones were factored into the projections. He described the target as realistic and achievable before the onset of peak summer shortages.

The reuse water tanker reflects broader accountability measures, including dashboard updates and formal completion reports from participating schools and colleges

Tap aerators, he explained, are simple devices that can reduce water consumption by more than 50 per cent without affecting the effectiveness of handwashing. "Current flow rates in taps range from 12 to 18 litres per minute. Aerators mix air with water, altering both the flow rate and the flow pattern. They can reduce the flow to 3 to 4 litres per minute, which is sufficient for handwashing, and convert it into a spray flow," Rao said. BWSSB has also shared demonstration videos showing the difference in flow before and after installation.

Once installed, aerators typically last between five and ten years. Periodic maintenance may be required every six months or annually to remove dirt particles or scale buildup. Rao said the cleaning process is simple and takes less than five minutes. "The larger problem of water scarcity requires pre-emptive action, and aerators are a simple yet impactful step," he said. To ensure accountability, each participating institution will be required to submit a formal completion report to BWSSB after installation. Water consumption bills are expected to reflect the savings. Institutions must indicate their date of implementation and update their completion status, following which BWSSB will update its dashboard with institution-wise data.

Educational institutions have been invited to select a date between March 1 and March 15 for installation. BWSSB will provide free aerators to the first 100 schools and colleges that respond. Schools will need to arrange their own plumbers or facilities staff to install the devices, a process that takes less than five minutes per tap. After completion, institutions must submit an official letter detailing the total number of taps, aerators installed and any unused units returned.

By retrofitting school hand wash taps with simple aerators, Bengaluru aims to curb wastage at scale, turning everyday hygiene routines into measurable water conservation across hundreds of institutions citywide

The initiative will begin with 100 institutions and gradually expand to 1,000 across the city, aiming to create measurable impact while engaging students and educators as partners in conservation.

e-toilets have turned open dumpyards

CONTINUED FROM PAGE 1

actually needs is a trigger warning, if you happen to looking at the rear side of these e-toilets. These toilets are open and are being used to dump empty liquor pouches. Residents and social activists have expressed concern over the yellow spots and defunct e-toilets not only on Millers Tank Bund Road but also in other parts of the city. "The e-toilets were installed with much fanfare and these were useful for many cab drivers to attend nature's call. However, the authorities concerned took no measures to maintain them. The BSWML officials must restore these e-toilets," said Albert R, Advisor, Bengaluru Eashanya Mahavedike.

Other than yellow spots all around the city, even the surroundings of the defunct e-toilets, have transformed into yellow spots. This has taken the city one notch down in Swachh Sarvekshan rankings. Sunita, a citizen, said that dumping of garbage shows the apathy of citizens and a lack of civic sense. "The city needs a wider conversation to make a change. Solutions have to come from citizens and authorities together. It is also a health hazard for the citizens using this place," she said.

As e-toilets across the city are lying defunct, officials of the BSWML, the five city corporations, and the Greater Bengaluru Authority (GBA) don't seem to have an inclination to get this going. These officials do organise awareness programmes and appoint select non-government organisations (NGOs) to conduct cleanliness drives but have not taken any measures to maintain the existing toilets.

(1) A slogan on the e-toilet (2) Rear side of the e-toilets (3) Bangalore Solid Waste Management Limited Office situated 50 mt away from the defunct e-toilets

Stating that it is disheartening to see garbage dumps and unclean toilets right next to the BSWML Office, Vinod Jacob, a civic activist, said that despite having pourakarmikas and streetwise mapping, the need of the hour is to have stronger ground level inspections and audits. "Footpaths are so dirty that pedestrians are forced onto roads demanding immediate ward wise oversight from health inspectors and marshals," he said.

BSWML Assistant General Manager said those e-toilets were installed many years ago and defunct much before the BWSML was established. "I will ensure the area around the defunct e-toilets is cleaned up," he said.

Jodhpur–B'luru express gets superfast upgrade

Indian Railways has upgraded the Jodhpur–Bengaluru bi-weekly Express to superfast status, introducing new train numbers this month to enhance efficiency and passenger experience. The move is aimed at reducing travel time, improving interstate connectivity, and offering greater comfort for long-distance travellers. Train number 16507 operates from Jodhpur to Bengaluru and began its superfast service on February 26, 2026. The return service, numbered 16508, commenced from Bengaluru on February 23, 2026. The train departs Jodhpur on Thursdays and Saturdays, while services from Bengaluru run on Mondays and Wednesdays. The route connects Rajasthan, Gujarat, Maharashtra, and Karnataka, serving passengers travelling for business, employment, and education. Officials have urged travellers to verify the revised train numbers while booking tickets to avoid any confusion or inconvenience. — BMB

Free auto training empowers women, transpersons

Karnataka Transport Minister Ramalinga Reddy on Thursday termed the initiative to provide free auto-driving training to women and transgender persons as commendable and assured full government support to strengthen it further. He was speaking after inaugurating the training and skill development programme at BTM Layout, organised by the Bangalore Political Action Committee (B PAC) in collaboration with CGI, a global IT and business consulting firm. Reddy said the initiative promotes financial independence and inclusive growth, noting that auto-rickshaws remain the backbone of Bengaluru's transport network. He added that the government would explore additional welfare schemes for auto drivers after the State Budget. Under its CSR initiative, B PAC and CGI have trained over 500 beneficiaries across nine constituencies and plan statewide expansion. — BMB

BNCC expands humane stray dog drive

The Bengaluru North City Corporation (BNCC) has stepped up its Animal Birth Control (ABC) programme in Hebbal and Thanisandra to balance public safety with animal welfare. Under the initiative, stray dogs are humanely captured, sterilised, vaccinated against rabies, and released back to their original locations, in line with the Animal Birth Control Rules, 2023 issued by the Union Ministry of Fisheries, Animal Husbandry and Dairying. Commissioner Pommala Sunil Kumar urged residents not to relocate or harm tagged dogs, warning that such actions are punishable. Officials say releasing sterilised dogs prevents new unsterilised influxes and reduces conflict. The North Zone has about 65,000 strays, 70 feeding points, and 26 recent adoptions. Citizens may contact 1533 or adyelahanka@gmail.com. — BMB

Batters pile up massive score, Zimbabwe lose by 72 runs

India bag a big win

Abhishek smashed a brisk 30-ball 55 to provide early momentum, adding 48 runs for the opening wicket with Sanju Samson (24) after Zimbabwe opted to bowl.

Ishan Kishan (38) and Suryakumar Yadav (33) chipped in with quickfire contributions before Pandya hammered an unbeaten 23-ball 50 at the death to power India to 256 for four, the highest total of this edition.

Tilak Varma contributed 44 not out from 14 balls as he and Pandya put on an unbroken 84-run stand off just 31 deliveries.

In reply, Brian Bennett top-scored with an unbeaten 97, but Zimbabwe were restricted to 184 for six in their 20 overs.

India pacer Arshdeep Singh was the most successful bowler with figures of three for 24.

For Zimbabwe, Richard Ngarava (1/62), Blessing Muzarabani (1/43), Tinotenda Maposa (1/40) and skipper Sikandar Raza (1/29) were among the wickets but struggled to stem India's attacking onslaught. – PTI

1. India fans in the stands during the match;
2. Zimbabwe's Brian Bennett deflects the ball with his foot to prevent it from hitting the stumps; 3. India's Hardik Pandya celebrates with Tilak Varma after reaching his half century
4. Abhishek Sharma celebrates after scoring fifty runs

India 256/4 (20)

Zimbabwe 184/6 (20)

Today's match

England V/S New Zealand

07.00 pm

South Africa close in on semis with 9-wicket win over West Indies

South Africa are on the verge of securing their place in the semi-finals of the Twenty20 World Cup after captain Aiden Markram's unbeaten knock of 82 led them to a commanding nine-wicket win over West Indies on Thursday.

Markram and Quinton de Kock's 95-run opening partnership helped South Africa chase down a target of 177 with 23 balls to spare, going to the top of Group One in the Super Eights with four points, having also beaten defending champions India on Sunday.

West Indies, who beat Zimbabwe in their previous game, will face India on Sunday in a battle to reach the semi-finals, after the tournament hosts take on Zimbabwe later on Thursday.

"Whether I'm captain or not, opening is a responsibility... we try to make sure the team gets off to a good start especially on wickets like this and hope to continue this," Markram said.

Put in to bat first in Ahmedabad, West Indies were struggling at 43-4 in four overs, as Kagiso Rabada (2-22) dismissed Shai Hope (16) and Shimron Hetmyer (2) before Lungi Ngidi got Brandon King (21 off 11 balls) caught by keeper De Kock and Roston Chase nicked it onto his own leg stump.

Ngidi (3-30) also dismissed Rovman Powell, and in the 11th over Matthew Forde was caught trying to hit Corbin Bosch (2-31) down deep backward square, with the two-time champions looking close to a collapse at 83-7.

But Jason Holder (49) partnered with Romario Shepherd, adding 89 runs for the eighth wicket to give West Indies a fighting chance. Unbeaten Shepherd scored 52 from 37 balls, helping West Indies post 176-8.

South Africa's captain Aiden Markram and teammate Ryan Rickelton being greeted by West Indies' players after the former's team won

West Indies 176/8 (20)

South Africa 177/1 (16.1)

Markram & De Kock set up win

South Africa began their chase with Markram hitting Matthew Forde towards point for four, and De Kock hit Shamar Joseph for two sixes in the sixth over to end the powerplay at 69-0.

De Kock (47 off 24 balls) fell to Roston Chase in the eighth over, but it did nothing to slow down South Africa. Markram completed his half-century in 27 balls, and Ryan Rickelton hit Chase for three sixes within four balls to get his team to 155-1 in 14 overs.

Markram, who hit four sixes and seven fours to score 82 from 46 balls, ended his player-of-the-match innings as he began, with a boundary to bring up the winning runs, as South Africa reached 177-1 in 16.1 overs.

"Everything will not be easy. The way we play our cricket, there will be a loss, the aim was to get it out early. Next game will be a quarter-final," West Indies captain Shai Hope said, referring to their make-or-break clash with India.

Karnataka rolls out prophylactic therapy for Haemophilia-A patients

Karnataka has introduced a new non-factor monoclonal antibody therapy for Haemophilia A patients as preventive (prophylactic) treatment. Administered once a month through a subcutaneous injection, the drug has shown promising results, with nearly 200 patients reporting zero bleeds in one year.

With an approved outlay of 42.55 crore, Karnataka plans to cover around 1,000 high-risk patients, becoming one of the first large southern states to implement this preventive programme. In Karnataka, 2,621 patients are registered under the State Blood Cell Programme launched in 2017 for managing haemophilia and other blood disorders. Traditionally, treatment involves lifelong intravenous infusion of clotting factors multiple times a week.

The State is launching free 108 ambulance pick-up and drop services for all 2,621 registered patients, enabling rapid access to specialised centres. Along with prophylaxis using the new drug Emicizumab, this initiative will improve patients' quality of life and reduce out-of-pocket expenses. —BMB

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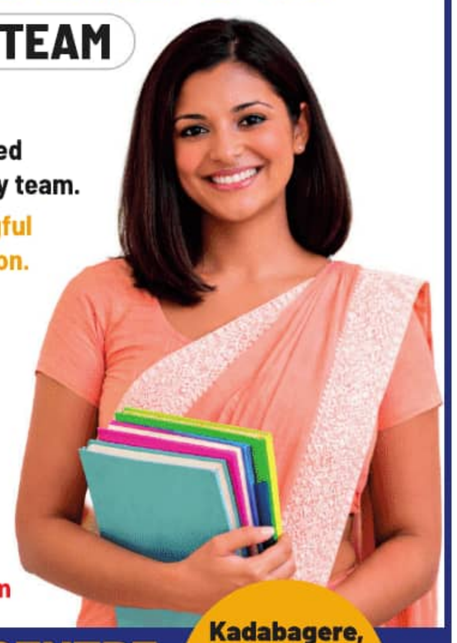

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tender & notices

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PUBLIC NOTICE

My client intends to develop the eastern portion of the land bearing Survey No. 55 measuring 06 guntas (commercially converted) morefully mentioned and described in the Schedule hereunder with its owner, **Shri. B. Munegowda**, son of Late Byregowda ("Owner"). The Owner represents that he is the absolute owner of the Schedule Property and he has a good marketable, right title and interest therein and that apart from him there are no other person/s having any right or claim over the Schedule Property. The Owner further represents that, apart from the Hoarding Rental Agreement dated 11/07/2022 entered with M/s Arya Advertising, Joint Development Agreement dated 05/02/2026 entered with M/s Axis Infiinity and the General Power of Attorney dated 05/02/2026 entered with M/s Axis Infiinity he has not entered into any other Agreements/MoU with any third party and that the Owner has not mortgaged nor created any right, interest, lien or encumbered the Schedule Property or any part thereof in any manner with any person/s. Any person/s having objection/s or claims, shall with documentary evidence lodge their objection/s or claims within **Fifteen (15) days** from the date of this Notice with the Undersigned, failing which, my client shall proceed with the above-mentioned transaction.

Schedule

All that piece and parcel of the eastern portion of the land bearing Survey No. 55 measuring 06guntas (commercially converted vide Official Memorandum No. ALN(D)SR.171/2004-05 dated 09/03/2005), situated at Chilkasanne Village, Kasaba Hobli, Devanahalli Taluk, Bengaluru Rural District and is bounded on the: East by: Land bearing Survey No. 54, West by: National Highway-07 (Road), North by: Doddasanne Road; and South by: Land bearing Survey No. 56.

Place:Bengaluru Date:26/02/2026

Sd/- Jayanth M Pattanshetti,
Sushanth J Pattanshetti,
Advocates,
Jayanth Pattanshetti Associates LLP,
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CHANGE OF NAME

I, NEEMA KUMARI SRIVASTAVA, D/o Suresh Kumar Srivastava, resident at # C105, MJ Astyllen Apartment, Choodasandra, Huskur, Bengaluru – 560099, have changed my name as NEEMA SRIVASTAVA, vide affidavit dated 20.02.2026, sworn before notary Nijagunaradhya T.C, Bengaluru.

I, RAJEEV GUPTA, S/o Dwarika Prasad Gupta, resident at No. A043, A Block, SJR Palazza City, Dodakanelli, Sarjapur Road, Bengaluru – 560035, have changed my name as RAJIV GUPTA, vide affidavit dated 25.02.2026, sworn before notary Nijagunaradhya T.C, Bengaluru.

I, KUMARI ARUNA TEKKALAKOTE, Residing at No.72, 4th Main, Near Sarvagna Circle, AGS Layout, Arehalli Post, Bangalore - 560061, have changed my name to TEKKALAKOTE ARUNA, vide affidavit dated 07/02/2026, sworn before notary Venkataraju H G, Bangalore.

I, ALEEMUNNISA ALIAS LUBNA, R/a#1 P No.3rd Street 2nd Cross, Bharthinagar, Bangalore–01, I, have Changed my name to ALEEMUNNISA LUBNA, Vide affidavit dated 26/02/2026 sworn before Notary V Rajashekhara Bangalore

I, Firoz, R/at No.28, 2nd Main Road, Kalasipalyam, Bangalore-560002, Have changed my name to Fairoz Khan, For All Purposes.

I Amrin Taj Syed Khader Ali W/O, Syed Nade Ali R/o No.1537 4th Cross Bda Layout Austin Town Banglore-560047 have changed my name to Amrin Taj .

I K Syed Khaleel Ulla, S/o Late K Syed Nasrulla, residing at AS Palya, Bangalore, formerly known as Karur Syed Khaleel, have changed my name to K Syed Khaleel Ulla for all future purposes.

I Jeevitha Hemanth Kumar W/O, Hemanth Kumar.n R/o N0-10,shiva Krupa,6th Cross,4th A Main, Hanumangiri Lyt,chikkalsandra, Bengaluru-560061 have changed my name to Jeevitha Hemanth.

LOST ARTICLE : SALE DEED HAS BEEN LOST WHILE TRAVELLING IN GOVERNMENT BUS ON 27.05.2025 LOST REPORT NO :2081723/2026. IF FOUND PLS CONTACT DATTATREYA V HEGDE 9916116418

I, Vaishnavi Naresh Mal. Resident NO 28, 2nd Floor, 2nd Main Stage 2, Domlur, Bengaluru-560071. Changed My Name from Mal Vaishnavi Nareshkumar To Vaishnavi Naresh Mal to all further purposes. (Reference Date of Birth 28/03/2000).

I, NOOR JAHAN BEGUM NAJEEBULLA KHAN, R/a. #1931, 2nd Cross, 2nd Stage, Rajivnagar, Mysuru-570019, I, have changed my name to NOOR JAHAN BEGUM, Vide affidavit dated 26/02/2026 Sworn before Notary: V.Rajashekhara Bangalore-

I, RUFINA CUTHINA, W/o Late Joseph Alexander, resident at 12/1, Amarjyothi, Mune Gowda, R S Palya, Bengaluru 560033, have changed my name as RUFINA CUTINHA, vide affidavit dated 25.02.2026, sworn before notary Nijagunaradhya T.C, Bengaluru.

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AGRA MATHURA JAIPUR DELHI 11 DAYS APR: 8 MAY 6

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APR: 1, 13, 29 MAY: 7, 13, 27

LADAKH 8/6* DAYS JUNE: 1, 3*,10, 12* 20, 22*

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HEALTH TIP: Rinse with diluted apple cider vinegar twice daily to naturally relieve painful mouth ulcers

Apply rose water on closed eyelids to gently soothe dry, tired eyes

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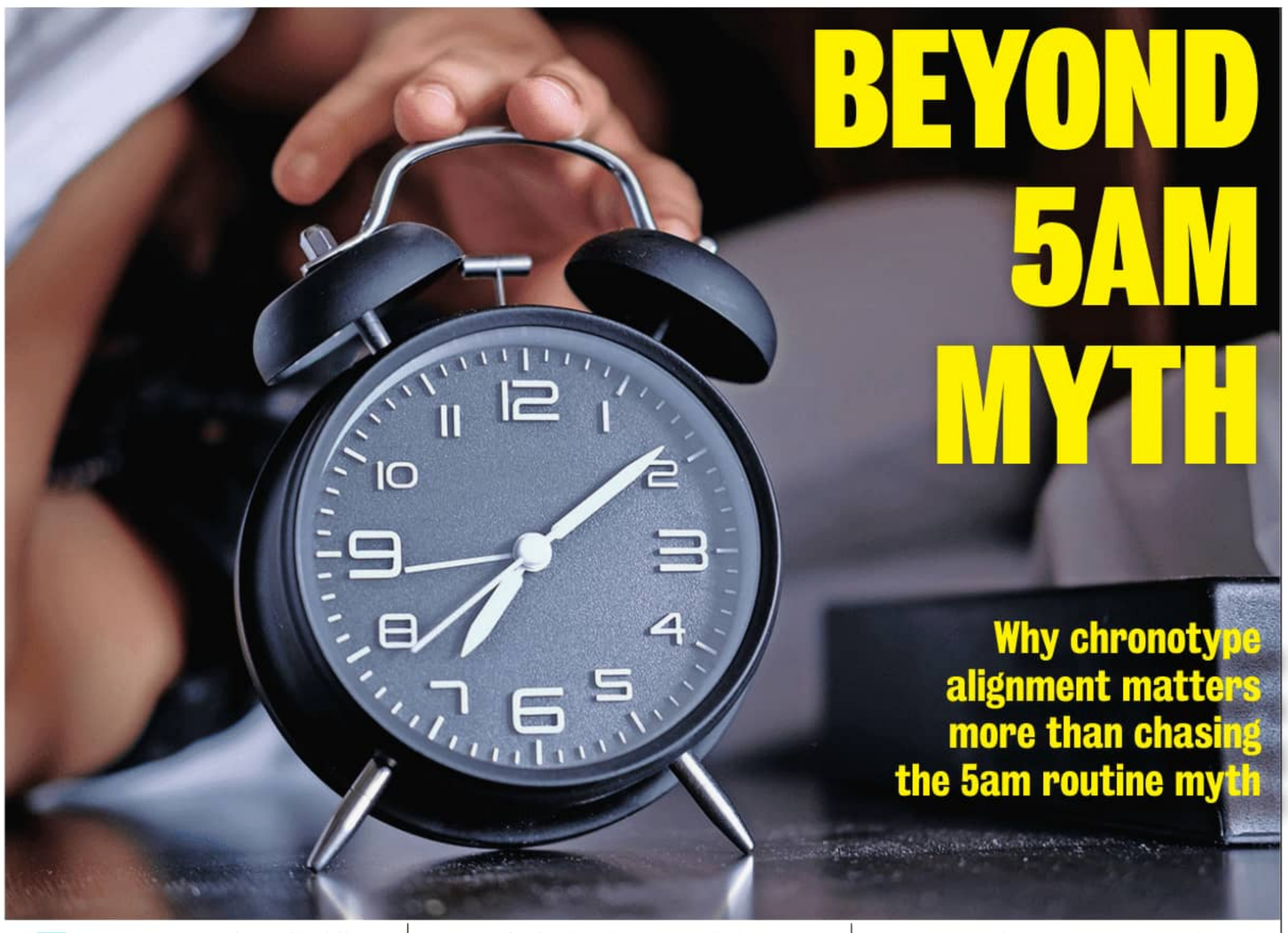


BEYOND 5AM MYTH

Why chronotype alignment matters more than chasing the 5am routine myth

At 5am, social media fills with proof that early risers have already won the day: cold plunges, journals and sunrise runs. Productivity gurus frame this ritual as the dividing line between high performers and everyone else, reinforced by prominent early risers such as Tim Cook, Richard Branson and Jennifer Aniston. The message is blunt: wake earlier, perform better.

Yet science tells a more complicated story. For many people, a 5am routine clashes with biology and can undermine both health and productivity. Much depends on individual biological rhythm, or chronotype. Chronotypes reflect when people naturally feel alert or sleepy, and genetics play a significant role in shaping them. Research shows sleep timing is partly rooted in genes, and chronotype is heritable.

Chronotype also shifts across the lifespan. Adolescents tend toward later sleep patterns, while older adults often shift earlier. Most people are not extreme larks or owls but fall somewhere in between. Morning types, often called larks, wake early and feel alert soon after. They tend to rise early even at weekends without an alarm. Evening types, or owls, feel more energetic later in the day and may perform best at night. Many people are intermediate types.

Studies identify differences between chronotypes in daily life. Morning types tend to report better academic outcomes, including stronger school and university performance. They are also less likely to report substance use, including lower rates of smoking, alcohol and drug use, and are more likely to exercise regularly.

Evening types, on average, show higher rates of burnout and are more likely to report poorer mental and physical health. One explanation is chronic misalignment. Evening types are more likely to live out of sync with work and school schedules, leading to repeated sleep restriction, fatigue and stress.

Chronotype also appears linked to broader behavioural tendencies, including differences in political attitudes, conscientiousness, procrastination and adherence to schedules. These patterns show that chronotype shapes daily behaviour, not just sleep timing.

A common belief is that adopting an early routine will produce the same benefits seen in natural morning types. However, chronotypes are not easily changed. They are shaped by genetics and circadian biology. For many evening or intermediate types, waking earlier than their natural rhythm can lead to sleep debt, reduced concentration and poorer mood.

The central point is that early rising itself does not create success. People tend to perform best when schedules align with their biological rhythms. Morning-oriented individuals often thrive in systems structured around early starts, while evening types may struggle not because they are less capable but because their peak alertness occurs later.

Early-rising experiments can feel effective initially. The boost often reflects motivation and attention rather than lasting biological change. As routines stabilise, the mismatch between biology and schedule becomes harder to sustain.

The gap between a person's natural rhythm and social schedule is known as social jetlag. It measures how far daily life pushes someone away from their biological clock. Social jetlag has been associated with poorer academic performance and reduced wellbeing. Living out of sync with natural sleep patterns has also been linked to higher rates of conditions such as diabetes, high blood pressure and obesity. Forcing early rising may increase this mismatch, particularly for evening types.

Some studies suggest morning types have a career advantage. These findings are often interpreted as proof that morning routines drive achievement. A more plausible explanation is structural. Modern societies are organised around early schedules. When biological rhythms align with work and school timing, performance is easier to sustain, making morning types appear to hold an advantage.

Rather than forcing early routines, the more constructive approach is to identify personal rhythm and work with it. Chronotype is only one factor shaping performance, alongside environment, opportunity and personal circumstances, but understanding it can guide more realistic decisions about daily routines.

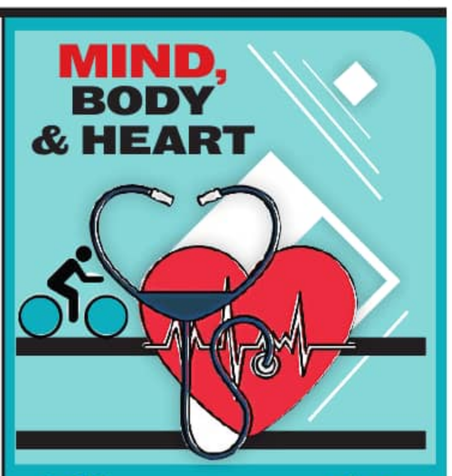
Understanding chronotype begins with observing natural sleep patterns. Keeping a sleep log that records bedtimes and wake times across workdays, weekends and holidays can reveal underlying rhythm. Free days often expose natural timing. Tracking mood and energy levels helps identify when alertness peaks.

Sleep latency offers another clue. Falling asleep in less than 30 minutes suggests bedtime suits natural rhythm. Taking more than an hour may indicate a later chronotype. Observing responses to daylight saving time changes can also help. If early mornings still feel natural after the shift, a person may lean toward a morning type.

Changing chronotype is difficult, though small adjustments may help. Instead of waking earlier immediately, shifting bedtime slightly earlier, including at weekends, can test flexibility. If sleep comes easily, rhythm may gradually move earlier. Morning daylight exposure and limiting screens in the evening can support earlier sleep timing.

Even so, biology sets limits. The real productivity advantage lies not in waking earlier, but in designing routines that align with how the brain and body actually function.

By Christoph Randler, Professor, Department of Biology, University of Tubingen The Conversation



All you need to know about...

Caffeine vs matcha

Caffeine Absorption
A cup of coffee contains about 95 mg of caffeine, while matcha offers roughly 70 mg. Though coffee delivers a stronger punch, the real difference lies in how the body absorbs it. Coffee's caffeine hits quickly, creating a rapid spike in energy that can lead to jitters, racing thoughts, and an eventual crash. Matcha releases caffeine gradually, providing steady, sustained alertness. Instead of a sudden surge, you experience balanced energy that feels smoother and more controlled, reducing the likelihood of anxiety or heart palpitations.

Calm Focus
Matcha contains L-theanine, an amino acid that promotes relaxation without drowsiness. It stimulates alpha brain waves, associated with calm focus and mental clarity. When combined with caffeine, L-theanine tempers overstimulation, creating a state of relaxed alertness. Coffee lacks this compound, which explains why it can sometimes heighten nervousness rather than productivity.

Blood Sugar
Coffee, especially on an empty stomach, can spike blood sugar and lead to crashes that mimic anxiety. Matcha's catechins may help regulate glucose levels, offering a steadier metabolic response and fewer energy dips.

Antioxidant Boost
Matcha contains significantly higher antioxidant levels, including EGCG, which supports stress reduction and reduces inflammation, factors linked to anxiety management.

Switching Effects
Switching to matcha delivers gentler energy and improved focus. Quality matters, and preparation influences taste, but many experience fewer crashes and better overall balance.

—Femina

MIRRORLIGHTS

Harvard scientists reveal physics behind basketball shoes' signature squeak

As he watched the Boston Celtics play from the stands of TD Garden, one noise kept catching Adel Djellouli's ear.

"This squeaking sound when players are sliding on the floor is omnipresent," he said. "It's always there, right?"

Squeaky shoes are part of the symphony of a basketball game, when rubber soles rasp against the hardwood floors as players jab step, cut and pivot and defenders move their feet to stay in front of their assignment.

Returning home from the game, Djellouli wondered how that sound was produced. And as a materials scientist at Harvard University, he had a way to find out.

Djellouli and colleagues slid a sneaker against a smooth glass plate over and over. They recorded the squeaks with a microphone and filmed the whole thing with a high-speed camera to see what was happening under the shoe.

In a study published Wednesday in the journal Nature, they described what they found. As the shoe works hard to keep its grip, tiny sections of the sole change shape as they momentarily lose, then regain contact with the floor thousands of times per second at a frequency that matches the pitch of the loud squeak we hear.

"That squeaking is basically your shoe rippling, or creating wrinkles that travel super-fast. They repeat at a high frequency, and this is why you get that squeaky noise," Djellouli said.

The grip patterns on the soles may also play a role. When researchers slid blocks of flat, featureless rubber against the glass, they saw chaotic ripples but didn't hear squeaks.

Understanding friction better could help scientists study earthquakes, reduce wear and energy loss, and even design squeak-free shoes in the future. —AP

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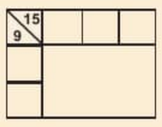
SOLVE IT IN A MINUTE

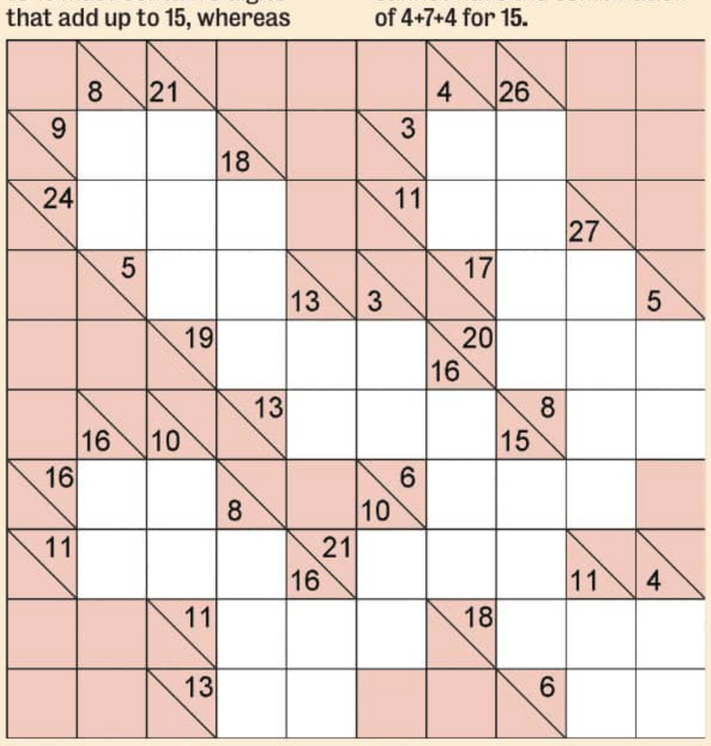
Find 3 numbers that multiply to 160315848 & each of the numbers made of 3 digits that multiply to 72.

Kakuro

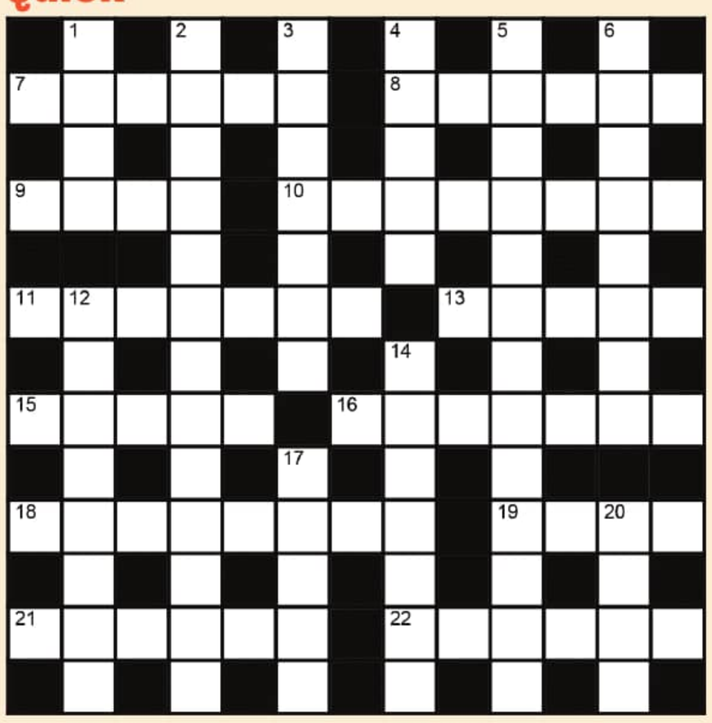
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Express in words (6)
8 American dinner jacket (6)
9 Shabana of Bollywood (4)
10 Hesitated; refused (8)
11 Leeways (7)
13 Poisonous substance (5)
15 Longing to scratch (5)
16 An evil or sinful act (7)
18 Defeated, bested or prevailed over (8)
19 N in NB (4)
21 Niggardly (6)
22 Antenna (6)

DOWN

1 At the home of, in French (4)
2 Doing this regularly to be a model tenant? (6,3,4)
3 Fighting (7)
4 Imprinted mark (5)
5 Remarkable; exceptional (13)
6 A glue (8)
12 Stimulate to action (8)
14 Market near Brigade Road (7)
17 Lascivious man (5)
20 A sporting side (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: O EQUALS P

UA TIVB ZYB HXXYU YBFAS OAYOXA'V XDTDBAK OASGAOBDYZV BY KANDZA IV.

Linemaro

Even the sun is jealous of the way you shine

Mindchow

What happens to a thief if he falls into a cement mixer?

Joke of the day

I'm an ice sculptor – last night I made a cube... this morning I made 12

Loop

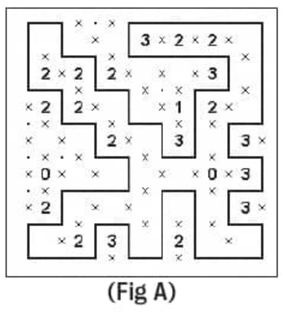
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

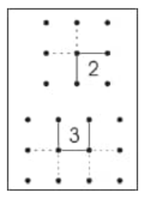
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

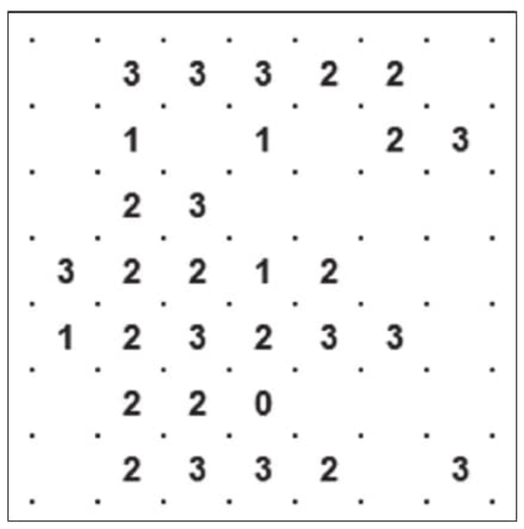
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



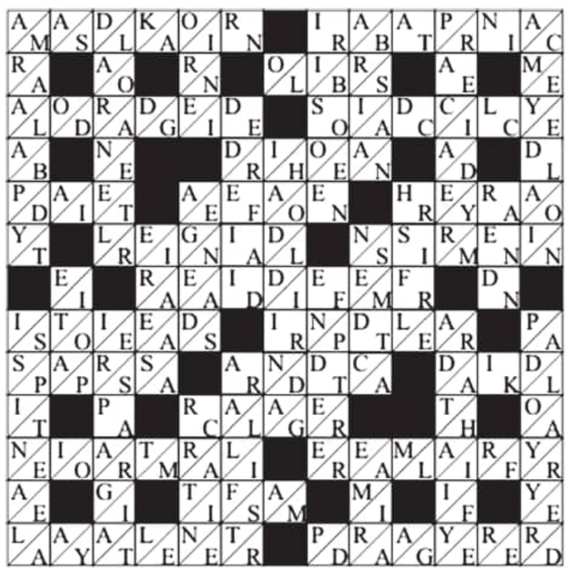
(Fig A)



(Fig B) Not Allowed



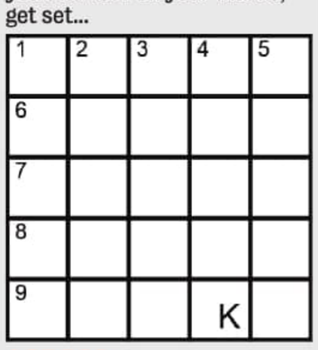
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Chy PS; 6 Alone; 7 Large; 8 If are; 9 Cusks

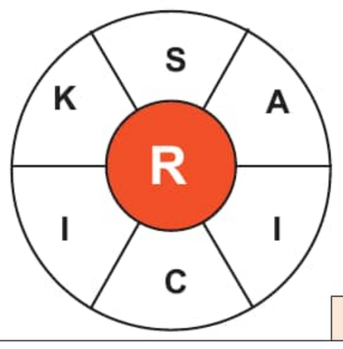
DOWN

1 Salpa; 2 Fauns; 3 Icy go; 4 Reck L; 5 Sheer

Mensapuzzle

Which number continues this sequence?

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

02 Average; 03 Good; 04 Outstanding

SudokuChallenge

6							5	3
			2		3	8		
						2		9
	2				8	7		6
7		6		2		5		8
1		8	4				3	
4		9						
		5	3		1			
2	6							5

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 3

3 3 4 7

Medium = 14

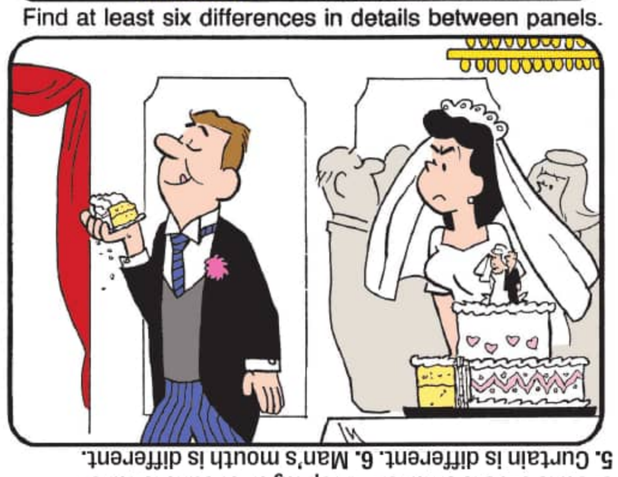
6 8 8 8

Hard = 4

3 5 8 9

Hocusfocus

Find at least six differences in details between panels.



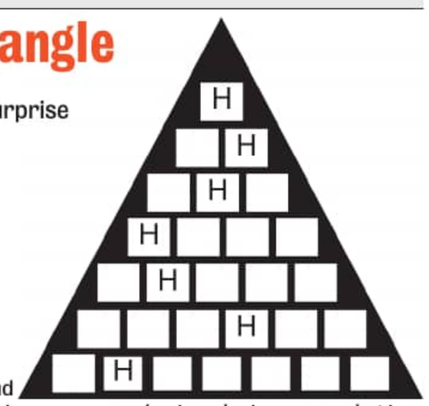
Differences: 1. Arm is moved. 2. Veil is longer. 3. Cake slice is smaller. 4. Top layer of cake is taller. 5. Curtain is different. 6. Man's mouth is different.

Riddler

We've no time for stairs to descend On every second, lives may depend We often take the wrong side of the road To preclude damage to your abode Once we reach the end of our travel Our life-saving equipment we unravel If you are inaccessible through convention We'll try to reach you by exterior extension Against a certain threat we're defending Endeavouring to reach a happy ending

Alpha triangle

1 Atomic number 1
2 Interjection of surprise
3 Greek letter
4 Chief player
5 Pang
6 Female parent
7 Vacuum flask

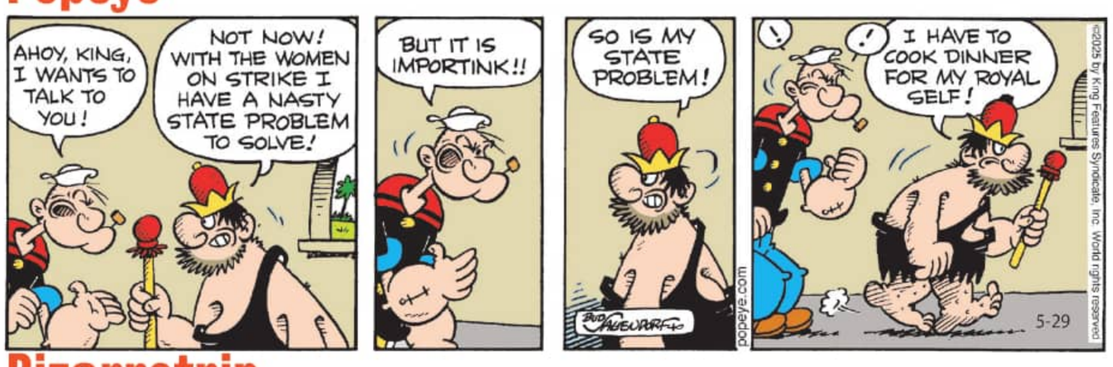


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS

Popeye


AHOY, KING, I WANTS TO TALK TO YOU!
NOT NOW! WITH THE WOMEN ON STRIKE I HAVE A NASTY STATE PROBLEM TO SOLVE!
BUT IT IS IMPORTINK!!
SO IS MY STATE PROBLEM!
I HAVE TO COOK DINNER FOR MY ROYAL SELF!
5-29
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popeye.com

Bizarrotrip

BIZARRO.COM
Wayno & Piraro 11-18-25
At some point, our wardrobes crossed the line from "eclectic vintage" to "rummage sale random."
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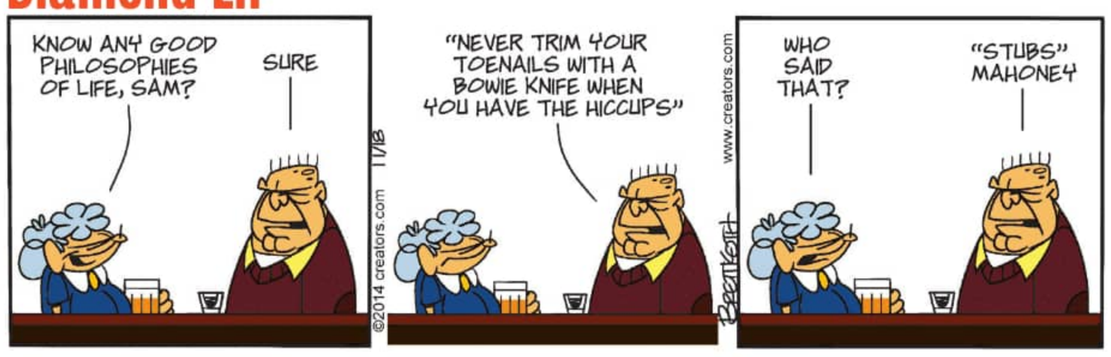
Dist. by King Features

Diamond Lil


KNOW ANY GOOD PHILOSOPHIES OF LIFE, SAM?
SURE
"NEVER TRIM YOUR TOENAILS WITH A BOWIE KNIFE WHEN YOU HAVE THE HICCUPS"
WHO SAID THAT?
"STUBS" MAHONEY
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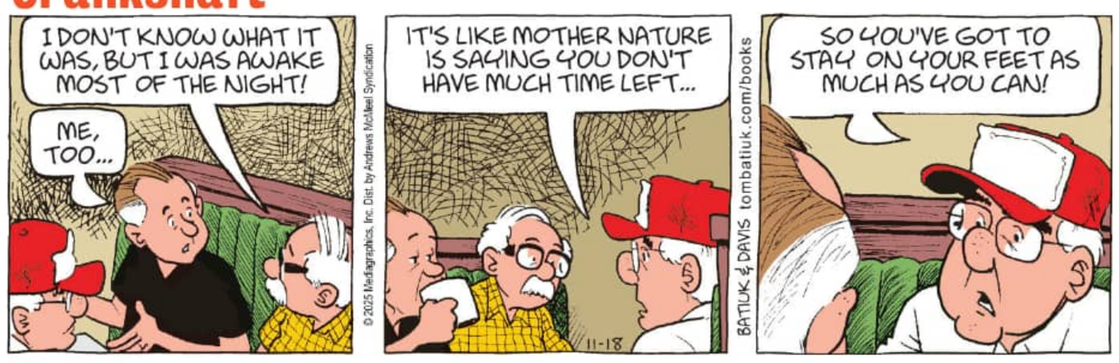
Hart of the city

WE GOTTA BE CLOSE. IT SMELLS LIKE ONE GIANT LITTER BOX.
MEOW!! HISS!
STAY BACK!!
ARE YOU THE CAT WHISPERER?!
...
WHO WANTS TO KNOW?
WE DO!
HEART OF THE CITY © 2025 ANDREWS MCMEEL
@OCDMICS.COM/HEARTOFTHECITY

Crankshaft


I DON'T KNOW WHAT IT WAS, BUT I WAS AWAKE MOST OF THE NIGHT!
ME, TOO...
IT'S LIKE MOTHER NATURE IS SAYING YOU DON'T HAVE MUCH TIME LEFT...
SO YOU'VE GOT TO STAY ON YOUR FEET AS MUCH AS YOU CAN!
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BATIUK & DAVIS tombatiuk.com/books

Mutts

WRITTEN IN THE STARS

DR SUNDEEP KOCHAR

If it's your birthday today

Leadership and professional charisma are your hallmarks this year. Career advancement is rapid, fuelled by your passion and drive. In romance, you take the lead, creating memorable experiences for your partner. Home life is energetic and full of life. Travel to sunny destinations boosts your spirits. Financial success comes from bold moves and trusting your strong instincts.

Aries Mar 21 – Apr 20

Take a moment to appreciate your recent achievements today. Your consistent hard work is paying off beautifully. Stay focused on your primary goals and continue to see wonderful and successful results.

Taurus Apr 21 – May 20

Financial stability is a highlight for you today. Trust your practical instincts when making decisions. Spending quality time with loved ones will bring you a sense of deep and lasting moments.

Gemini May 21 – Jun 21

Your communication skills help you bridge gaps today. Clear dialogue leads to successful collaborations. Embrace new ideas with an open mind, as they will lead to very exciting future opportunities.

Cancer Jun 22 – July 23

Focus on your physical health today by staying active. A balanced routine provides the energy you need. Your positive mind-set attracts favourable circumstances, making it a productive and happy day.

Leo Jul 24 – Aug 23

Your leadership qualities are on full display today. Trust your vision and inspire others. A creative project will bring you much joy and professional recognition in the very near future.

Virgo Aug 24 – Sep 23

Organization helps you achieve great efficiency today. Tidying your work space clears your mind. Your attention to detail ensures that every task you complete is of the highest and best quality.

Libra Sep 24 – Oct 22

Harmony flows through your social interactions today. Your ability to mediate brings peace. Enjoy the supportive atmosphere, as it fuels your creativity and personal growth in many beautiful, new ways.

Scorpio Oct 23 – Nov 22

Your determination leads to a significant breakthrough today. Stay committed to your path and trust your strength. Success is well within reach if you maintain your current powerful, positive momentum.

Sagittarius Nov 23 – Dec 22

Optimism attracts wonderful new connections today. Share your enthusiastic spirit with everyone. Your joyful energy creates a positive ripple effect, bringing happiness to you and those around you every day.

Capricorn Dec 23 – Jan 20

Wise financial decisions today build a secure future. Your disciplined approach is a great asset. Stay grounded and focused on long-term goals to ensure your continued prosperity and personal success.

Aquarius Jan 21 – Feb 19

Your unique perspective is highly valued by your peers today. Share your innovative thoughts. Your original ideas have the power to create positive change in your professional and personal environments.

Pisces Feb 20 – Mar 20

Trust your intuition when navigating emotional situations today. Your compassionate nature brings comfort. Deep connections are strengthened through your vulnerability and genuine kindness, leading to much inner and lasting peace.

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Chirayu, Bengaluru

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Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M

189 * 918 * 924

BULL'S EYE

AIRSICK, rack, risk, scar

STRIKE OUT

M	A	L	K	I	N	G		I	A	T	R	I	C	
A	O	R		O	B	S		A		E				
A	N		R	H	E	A		D		L				
L	O	A	D	E	D		S	I	C	I	L	Y		
D	I	E		A	E	O	N		H	E	R	O		
Y		R	E	G	A	L		S	I	R	E	N		
E		R	E	D	D	E	E	R		D				
S	T	E	A	D		I	N	T	E	R	P			
P	A	S	S		A	N	T	A		A	I	L		
I		P		C	A	G	E		T		A			
N	O	R	M	A	L		R	A	M	I	F	Y		
A		I		I	S	M		I		F		E		
L	A	T	E	N	T		P	R	A	Y	E	R		

FAST FIVE

P	S	Y	C	H
A	N	O	L	E
L	A	G	E	R
A	F	I	R	E
S	U	C	K	S

RIDDLER

Firefighters

We must not allow other people's limited perceptions to define us.

QUOTE UNCODE

SUDOKU

6	8	2	9	1	7	4	5	3
5	9	7	2	4	3	8	6	1
3	4	1	8	6	5	2	7	9
9	2	4	5	3	8	7	1	6
7	3	6	1	2	9	5	4	8
1	5	8	4	7	6	9	3	2
4	1	9	6	5	2	3	8	7
8	7	5	3	9	1	6	2	4
2	6	3	7	8	4	1	9	5

MENSA PUZZLE

66. Working from left to right, double the previous number and subtract 2.

QUICK

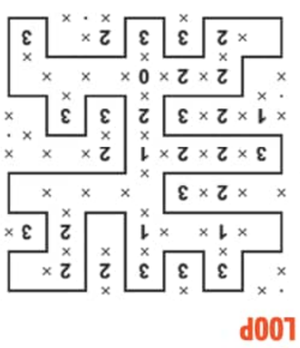
ALPHA TRIANGLE

H, Oh, Rho, Hero, Throe, Mother, Thermos.

GO FIGURE

Easy
3 + 4 – 7 + 3 = 3
Medium
6 + 8 – 8 + 8 = 14
Hard
8 + 9 + 3 / 5 = 4

LOOP



KAKURO

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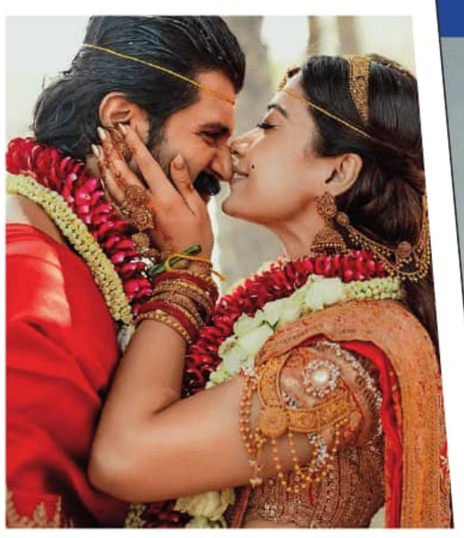
Just married



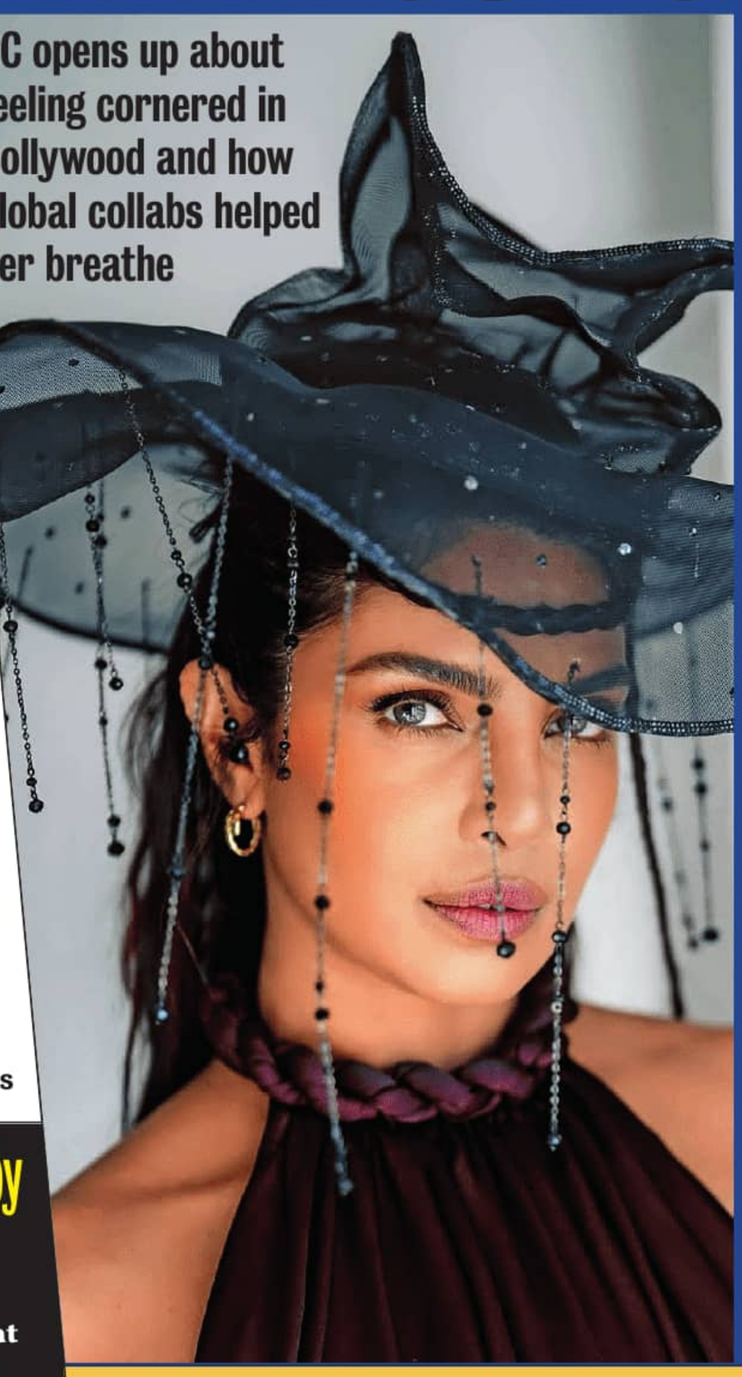
Vijay Deverakonda and Rashmika Mandanna are married. The couple who has been dating for years now, never confessed to being in a relationship publicly. They also remained silent on the wedding rumour until Sunday when they confirmed and called it 'The wedding of Virosh'.

The couple tied the knot at Mementos by ITC Hotels in Udaipur. They tied the knot with Telugu Hindu rituals, representing Vijay's tradition, in the morning on February 26. They have now dropped the first pictures as husband and wife. Vijay Deverakonda wrote, "One day, I missed her. Missed her in a way that made me feel like my day would've been better if she were around. Like my meals would've felt more wholesome if she were sitting across from me...Like I needed her - just to feel that sense of home and calm, no matter where I was. So,I made my best friend… my wife..."

Rashmika penned a note which read, "Hi my loves, Introducing to you now "My Husband"! Mr. Vijay Deverakonda!! The man who taught me what true love feels like, the man who showed me what being in peace feels like! The man who told me everyday that dreaming big was absolutely ok and constantly telling me I was capable of achieving something much more than what I could possibly think I ever could..." —ETimes

THINK OUT OF THE BOX

PC opens up about feeling cornered in Bollywood and how global collabs helped her breathe



Priyanka Chopra in a recent interview opened up on her phase where she felt boxed in Bollywood and felt the need to come out of it. Priyanka, whose latest film 'The Bluff' has now been released, opened up on her transition from Hindi cinema to Hollywood. "Surviving in the movie industry is tough for everyone, it is not an easy place. It is political, networky, it is about the moment, it is fleeting. I am pragmatic enough to recognise that I feel everyone has their struggle because of their choices. I did feel like I was in a place where I was cornered, work was limited, and in order to survive emotionally, mentally, physically, I just needed to move," she said on Jay Shetty's podcast, On Purpose.

She went on to explain that momentum and change have always been her coping mechanisms. "I am not someone who stays stagnant. I need movement to solve my problems. And this time it happens to be across continents. I moved to a completely different country."

Before her big breakthrough with Quantico in 2015, Priyanka had an international profile through music. She appeared in singles and music videos, collaborating with stars like Pitbull and will.i.am. "The universe just kind of timed itself together. I was feeling limited in my work in Hindi movies and I felt I didn't have a direction." She also called her collaborations as transformative. "I was blown away by being in the studio with Will.I.AM, Pitbull, and The Chainsmokers... It was a breath of fresh air. I was feeling like I was drowning, and I was suddenly pulled out, and I could breathe." —ETimes

Ileana shuts chatter on Rihanna's body: She made a whole baby

Actress Ileana D'Cruz has slammed unrealistic beauty standards after global pop star Rihanna was trolled online for not "bouncing back" soon after childbirth.

Ileana took to her Instagram stories to react to a viral discussion that erupted after Rihanna was spotted with her younger son Riot, where several social media users questioned why the singer had not returned to her pre-pregnancy body.

Ileana shared a post by a magazine, which read: "This week, Rihanna was spotted with her younger son Riot, and X did what it does best: bullied a woman for not immediately 'bouncing back.'

Sharing her strong views, Ileana, who is a mother of two wrote that the online criticism was "bloody infuriating" and highlighted the absurdity of expecting women to "bounce back" right after giving birth.

Ileana wrote: "She's a powerful woman!" The actress stressed that such expectations placed on new mothers are unrealistic and unfair, pointing out that bringing a child into the world itself is an incredible feat.

"She made a whole baby and birthed that baby and is feeding and keeping that baby alive and healthy, yet the question is 'hmm why hasn't she bounced back yet?" Bloody infuriating unrealistic expectations," said Ileana. —IANS

Oscar surprise for Elle Fanning

Hollywood actress Elle Fanning was taken by surprise when she was nominated for the Oscars for 'Sentimental Value'.

The 27-year-old star is up for Best Supporting Actress at next month's Academy Awards ceremony but has confessed that she went on a night out with her sister Dakota Fanning before the nominations were announced in January, reports 'Female First UK'.

Elle told The Hollywood Reporter, "I was not watching it. Dakota and I had gone out the night before. We had quite a late night. I couldn't compute. I go out bleary-eyed, and I'm like, 'Mom! Dakota! Wake up. I think I got it. I think I got it. I looked like a crazed zombie who was walking in circles saying, 'Is this real?'".

'Sentimental Value' received nine Oscar nominations and Fanning says the most exciting nod for the Norwegian picture was Olivier Bugge Coutte's recognition in the Best Film Editing category .—IANS

Just for laughs

Director Vijayanand, known for his film Krishna Talkies, has made all efforts to make this movie a full-fledged comedy with a blend of suspense and thriller elements. There are a bunch of comedy scenes but they appear too filmy. For example, Sadhu Kokila, in Swamy Ayyappa deeksha outfits throughout the year, borrowing money from all sorts of people, appears absurd. Another scene where the heroine accompanies a stranger in a car and the hero, who is in the driver's seat obliging everyone who seeks a lift in the car, are overly dramatic.

SUPER HIT
2.5 RATING ★★½☆☆
- **DIRECTOR** Vijayanand
- **ACTORS** Gilli Nata, Gowrav Shetty, Shwetha V, Pramod Shetty, Dragon Manju, Sadhu Kokila, Tennis Krishna
- **CERTIFICATION** U/A
- **Duration** 135 minutes

An actor is supposed to play all types of characters in movies but it is too tough to see Dragon Manju as a judge in the court. Dragon Manju's gestures, dialogue delivery and physique do not suit a judge's role. He is known for playing a vicious villain in action movies. Why the director chose him for this role is a puzzle. The director introduces him as a prisoner who pursues higher studies to become a judge.

The movie begins with two gangsters killing a journalist while another journalist capturing the incident on his mobile phone. The director tries to narrate the script in a nonlinear method and the scene is shifted to some people kidnapping Lucky Baskar (Sadhu Kokila) and putting him in a sack and dumping it in a stationary car. Meanwhile, Satya (Gowrav Shetty), an unemployed youth, tries to steal the car but pretends to be the car's owner when Madhu (Shwetha V) asks him for a lift. On the way, they meet a motley crew of people including Bhupati (Gilli Nata). You have to watch the movie to know what happens to Satya and Madhu.

Gowrav Shetty, who debuts as a hero in Sandalwood with this movie, has acted well. His dialogue delivery and gestures are good. Gilli Nata has also acted well. Shwetha looks glamorous but has to hone her acting skills. Pramod Shetty, as a police inspector, and Govinde Gowda, as a petty thief, and Tennis Krishna, as a hapless father, have provided good support.

The movie is worth a watch if you like comedies that don't always make sense.

—Y Maheswara Reddy